

Traffic Jam

Calvin Campbell

This dance is what I classify as an “energy-burner” for teenagers. It should only be danced in a room with lots of space such as a gym. It dances very nicely to Polka Music. **Pennsylvania Polka** is a good example. To listen to a sample of the recording, click [here](#). Almost any other polka music will do as well.

There are three versions of this dance routine listed below and there are probably even more ways to do the dance. All three versions, described below, may seen on a YouTube video by clicking [here](#). The video was taped at the Beginner Dance Leaders Seminar in 2007.

Traffic Jam (Beginner)

- 1-4 Clap Twice, Stamp Twice
- 5-8 Walk 4 steps in any direction
- 9-16 Repeat 1-8
- 17-24 Sashay to side 8 steps
- 25-32 Sashay back 8 steps.

Traffic Jam (Intermediate)

Turn around and find a buddy standing near you. Do the dance again. Instead of clapping your own hands in 1-4, you clap both hands with your buddy, then stand side by side facing the same direction, hook elbows and walk for the 4 steps. In the 17-32 part, you take both hands with your buddy and Sashay — it helps if you both go in the same direction!

(Advanced)

After first Sashay (17-24), the caller says “Switch”. Each person must find a new partner.